



SENIOR'S GUIDE
to mattress buying



A photograph of a young woman with blonde hair and a man with grey hair sitting up in bed, smiling and looking at each other. The woman is wearing a pink cardigan over a white top, and the man is wearing a grey t-shirt. They are in a bedroom with a window in the background showing some greenery. The text is overlaid on a semi-transparent white box with a dashed blue border.

You may need a new mattress if...

- You often wake up with stiffness, numbness, aches and pains. And no, it's not just because you're getting older.
- Your bed hasn't aged as gracefully as you. It dips like a hammock and is all lumpy.
- You often think to yourself, "I need a good night's sleep. I should just sleep in my lounge chair."
- You bought your mattress when being an empty nester was something you looked forward to.

If you're still reading, you probably have a bed that's more than seven years old, which is the age The Better Sleep Council says a mattress stops giving you the necessary support it should. After all, your body changes a lot in seven years, and your mattress should keep up with your needs.

Which mattress is right for you?

You need a mattress that will help put an end to your restless nights. Because there are so many different types out there, here's a little help to make your decision easier.

Innerspring mattresses typically use a series of open coils or metal springs layered with padding for comfort and support. When shopping, you'll hear the term "coil count." Typically, the higher the count, the more support you'll receive.

Encased coil spring mattresses such as the original Pocketed Coil® spring mattress created by Simmons, feature an innerspring system. The springs are individually wrapped in a fabric cover, enabling each coil to adjust independently to your body. Because these springs move individually, you'll sleep peacefully through every move your partner makes.

Crossover™ mattresses are a hybrid design that combines layers of foam and coils. Often using specialized foams such as latex and memory foam, Crossover™ lines are the perfect alternative for those who don't want an all-foam mattress.



Pocketed Coil® springs are wrapped individually for perfect support.

Foam mattresses typically come in two forms: memory foam and latex foam. When you research, keep an eye out for Advanced NxG® Memory Foam found in the ComforPedic® mattress by Simmons. Many prefer its advanced qualities including heat dissipation, quicker recovery and consistent comfort. Latex foam is hypoallergenic and derived from natural rubber tree sap. The Simmons® Natural Care® latex mattress includes soy-based foams and a cover made from natural fibers.



Advanced NxG® Memory Foam doesn't give you that sleeping-in-quicksand feeling.

Air mattresses use air chambers as their primary support. Some models come with dual adjustable air chambers, allowing you and your partner to each choose a preferred firmness.

Water mattresses come in several varieties, but are all designed to support your body. Today's designs have eliminated the wavy feeling you may remember from the 70s.

Within each classification of mattress, you'll also find various comfort levels such as firm, pillow top and plush. Each has its advantages, but really it comes down to personal preference. Go with your gut (and your back, shoulders and hips) on this one.



Mattress shopping made simple.

1. Knowledge is power. Before you visit a store, go online and research mattress brands and styles.
2. Shop together. If you share your bed with someone, get them to come along. The two of you should test the mattress together and agree on preferences, or at least come to a compromise—which you should be pretty good at by now.
3. The average person moves 40 to 60 times a night. Therefore, if you're a light sleeper and sleep with a partner, you should consider a queen- or king-sized set to accommodate both of you comfortably.
4. In the store, test for real. According to *Consumer Reports*, consumers should test a bed out for at least 15 minutes. Don't worry, a good salesperson should leave you alone while you do this.
5. Patience pays. Take the time to comparison shop. Start looking at the mattress ads in your newspaper—especially during major holidays. If you know the bed you want, chances are, it'll go on sale before too long.
6. Buy the set. Mattresses and foundations are designed to work together. Getting one without the other may reduce the comfort and support you receive. Plus, it might shorten the bed's lifespan and possibly void its warranty.
7. It's okay to be curious. Ask the salesperson how the mattress you're interested in is different from the others on the floor. Also, if you're going to buy, find out if delivery of your new bed and removal of your old one are included.
8. Know the policies. Some dealers may let you return a mattress. Be sure to ask for all the details. It may affect where you buy.

Tips to help end restless nights.

One out of every two seniors suffers from sleep deprivation. Seniors are falling asleep during the day simply because they aren't getting enough quality nocturnal sleep. So here are some tips to help you out.

Set the mood. Make sure your bedroom is dark, cool, uncluttered and you reserve it only for sleeping. The most common cause of your insomnia could be a poor sleeping environment.

Prepare your mind and body for sleep. Establish a sleeping routine by reading for pleasure, listening to music or doing some light stretching. With your doctor's approval, a warm bath (100°F) just before going to bed can also help you sleep. This will send blood away from the brain to skin surfaces and make you feel relaxed and drowsy.

Take an early evening stroll. Staying physically active during the day will help you sleep more soundly at night. Getting outdoors and into the sunlight has also proven to improve nighttime sleep.

Monitor your prescriptions. Consult your physician about the sleep side effects of medications. Although some drugs can make it easier to fall asleep, they often cause light and fragmented sleep, as well as early awakenings.

Limit the time you stay in bed. Stress, depression, boredom and partner pressure may have you going to bed earlier than you need. Older people, fearing a night of interrupted or light sleep, often go to bed too early. This adds to the problems of fragmented sleep. Staying in bed too long will promote shallow and disturbed sleep.

Bring in the white noise. If you live in an apartment or on a busy street, use a fan or sound machine to drown out the neighbors and traffic.

Stay mentally active. Engage in hobbies, academic courses, volunteer work and social activities that will keep you mentally alert in the daytime and early evening.

Keep daytime naps under 20 minutes. Longer naps may make it more difficult to sleep at night.

Try not to drink caffeinated beverages after 2 p.m. As we get older, coffee, tea, soda and chocolate may make it more difficult to stay asleep.